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# AFTER THE SLIDE

## AVALANCHE WEEK, PART 1: HOW THE DEATH OF 7 CHILDREN NEAR THE B.C.-ALBERTA BORDER CHANGED EVERYTHING

PAGES 6 & 7



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Monday, January 28, 2013



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## Pot suitcases weeded out

Investigation leads Winnipeg police to 50 pounds of marijuana on VIA train **PAGE 3**

## Inferno kills more than 200 in Brazil

A fire broke out at a nightclub packed with students, leaving revellers trapped inside **PAGE 5**

## Keeping your other loved ones warm

Learn your BBCs: Booties, balms and coats, and other need-to-knows to keep your pet safe this winter **PAGE 14**



# OVERTIME VICTORY

Winnipeg Jets' goaltender Al Montoya swipes the puck into the corner as New York Islanders' Matt Martin and Winnipeg Jets' Grant Clitsome battle in front of the Jets' net during the first period at the MTS Centre Sunday. The Jets won in overtime, 5-4. See page 18 for more. **TREVOR HAGAN/THE CANADIAN PRESS**

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## Farewell weekend. Winnipeg's Juss Jazz closes... for now

Juss Jazz is packing up its horn section and moving out of downtown Winnipeg.

The lounge, which has added a touch of jazz, soul, blues and Latin music to the city since opening in August 2011, shut its doors for the last time at 240 Portage Ave. Sunday morning after three days of music and solid partying.

"If we're going out, we're going out with a big, bang," laughed the venue's director Sean Sam of the "farewell weekend blowout".

"We are going to party our asses off."

Sam stressed Juss Jazz's closure is temporary and said a decline in attendance — which he thinks may have stemmed from people feeling too unsafe at his location near Portage Avenue and Main Street — led to the decision to move.

"When business slows down ... you find yourself in a spot where you have to re-think things," he explained.

Sam said he's already in the process of searching for a new spot to reopen in a different part of the city, and hinted he may be back in business sooner rather than later.

"We're shutting down very briefly," he said.

SHANE GIBSON/METRO

### Quoted

"Wherever we open up again, the culture is going to be the same — we want to build a venue where musicians of all kinds want to hang out."

Sean Sam, Juss Jazz venue director

### Investigation ongoing

## East Kildonan fire claims one life

Winnipeg police are investigating a fatal fire in East Kildonan that took place just after noon on Friday.

Police said emergency personnel were called to a home in the 100 block of Merrill Crescent. After they arrived, members of the Winnipeg Fire Department found a deceased person, whose identity has not yet been confirmed. Police said the cause of the fire has not been determined and damage estimates are still being assessed. Anyone with information is asked to contact investigators at 204-986-6813. **METRO**

### Quick arrest

## Winnipeg man charged in North End stabbing

Winnipeg police have made a quick arrest after a man was stabbed in the North End over the weekend.

Officers were called to the 300 block of Alfred Avenue around 5:50 a.m. Saturday, where a 29-year-old man was found in front of a home suffering from stab wounds. The victim was taken to hospital in critical condition but has since been upgraded to stable. Steven Adam Lucier, 29, is charged with aggravated assault and has been detained. **METRO**

## Abandoned. Arrest made in year's first homicide

Winnipeg police have arrested a man in connection with the homicide of a young woman, whose body was found in the trunk of a car.

Winnipeg police said Jenilee Rose Ballantyne, 22, was found around mid-day Thursday in a late 1990s model Honda Civic on Pear Tree Bay in River Park South, after an earlier call led police to a home in the 500 block of Kylemore Avenue at 4:30 a.m. Thursday.

Spokesman Const. Jason Michalyshen said the investigation is complex because officers are dealing with two scenes.

A Metro Winnipeg source said the victim was discovered

in the trunk of the car. Police, however, would not say where in the vehicle the victim was found.

Police said Saturday that Ballantyne was at the home with a man on Kylemore Avenue Jan. 24. The pair got into a fight when Ballantyne sustained serious injuries, according to police.

She was then reportedly placed in the trunk of a car and abandoned on Pear Tree Bay.

Michael Daniel Bourget, 28, of Winnipeg, turned himself into police. He was charged with second-degree murder for his alleged involvement.

BERNICE PONTANILLA/METRO

# Pot train derailed

**Drug bust.** Winnipeg police nab 50 pounds of weed with an estimated street value of \$150,000



BERNICE PONTANILLA  
bernice.pontanilla@metronews.ca

Winnipeg police seized a "significant" amount of pot Thursday from two suitcases on a train.

Police spokesman Const. Jason Michalyshen said the recovery of 50 pounds of marijuana, with an estimated street value of \$150,000, and \$2,400 in cash, was the result of an investigation by the police's street crime and canine units.

Michalyshen said police received information and went to the VIA rail station on Main Street at about 10:35 p.m. Thursday night.

"Anytime, I think, you take \$150,000 worth of marijuana off the streets, it has a significant impact," said Staff Sgt. Max Waddell of the Street Crime Unit.



Staff Sgt. Max Waddell, left, and Const. Jason Michalyshen show off the 50 pounds of marijuana police seized on Thursday. BERNICE PONTANILLA/METRO

"I don't know where this amount was headed towards, but someone at the other end where it was headed is going to be short this amount that would have gone onto the streets, so we're very happy that we're able to take this off."

Police couldn't comment on whether the destination of this marijuana was Winnipeg or another city, but did indicate that the train was coming from western Canada.

Two Ontario men, Allan Norman Caswell, 24, and Chris

topher Mario Mazzuca, 22, have been arrested and detained.

Both are facing three charges: Trafficking in controlled drug or substance, possessing substance for the purposes of trafficking and possession of proceeds of crime.

1 NEWS

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## Winner 'hand' picked to star on TV

Downtown Winnipeg BIZ announced Friday that Ali James (pictured) of Winnipeg has won their unique contest, which had Winnipeggers searching out five fireplaces in downtown storefronts to win the chance to be the hand that adds a log to the fire in next winter's looped MTS TV Fireplace broadcast. "I'm thrilled! My hand is pretty ecstatic, as well," James said in a release. "I thought this was such a fun, original contest. It was also a great reason to come out of hibernation and explore downtown!" HANDOUT/METRO



MPI fire investigator George Murray demonstrates how easily a cord can spark when exposed wires touch metal.

BERNICE PONTANILLA/METRO

# Frayed, split cords cause fires: MPI

**Warning.** Province's insurer sees about 50 claims annually due to wire fires



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

Frayed, cracked, broken, split: if any of these words describe your extension or block-heater cords, Manitoba Public Insurance suggests you get a new one to avoid a blaze.

MPI used a burnt 2007 Toyota Rav4 to warn Winnipeggers after seeing upwards of a dozen vehicle fires over the past two weeks due to faulty cords.

Recent freezing-cold temperatures have meant more people plugging in their

vehicles, including in garages, which MPI advises against.

But it's the faulty extension and block-heater cords sparking fires that prompted MPI to issue an advisory and host media at their Plessis Road facility on Friday to show the destruction these blazes can cause.

"When you see a guy's cord and he's got all these cuts and he's spliced it and he's taped it, that's not a good thing," said George Murray, who spent 27 years working for the Winnipeg Police Service before joining MPI.

Murray said some damage to cords may be less visible, such as grit and salt entering even small openings, and cords that are run to vehicles parked on the street and thus get driven over — a practice that could also earn you a ticket from police.

Murray said MPI has seen 30 fires due to faulty cords so far.

MPI spokesperson Brian Smiley said the insurer usually sees about 50 claims due to extension or block-heater fires each year, which can cost between \$4 million to \$5 million.

### MPI

#### More safety tips for extension cords/block-heater plugs:

- Don't drive over your extension cord.
- Cover your block-heater plug-in with its protective cover.
- Unplug your block heater by using the hard, rubber end, not the electrical cord.

## PADDLEWHEEL WAS ABOUT THE PEOPLE



**WHAT'S GOOD**  
Ace Burpee

Like many a life-long Winnipegger, I visited and dined at the Paddlewheel one last time on its final day.

I went with my dad, which is exactly the way it should have ended. Places like the Paddlewheel have a way of making you think about a person even more than just the place itself. For me, it's dad.

Growing up in my family, dining out was the exception, not the rule. It was the rarest of treats. You didn't expect it to happen, you always hoped it would, and never took it for granted.

On those perfect days with no school known as in-services, I would always go to work with my dad. His office was right across the street from The Bay downtown, so there was always a slim chance that the day would result in a trip to the Paddlewheel.

I would make myself busy all morning then start hanging around his office door about 11:30 hoping to hear the magic words from dad that it was on. It was like a dog just waiting to be asked if they wanted to go for a car ride. When he would eventually make the call that the occasion called for a trip to the Paddlewheel, he might as well have been telling me that we were going to Disneyland and Dale Hawerchuck was going to drive us there. It was that

big a deal.

So on closing day, dad and I instinctively grabbed our trays and went to the exact same lines we always had (he went to the soup and salad line, I went to the burger and fries line. Every. Single. Time.)

We then proceeded to sit and talk about the Jets and the weather. It was basically 1987 all over again. I realized that the Paddlewheel wasn't about the Paddlewheel at all per se. It was never about the food. It was about who you were with, and instead of mourning its loss, I'm thankful, blessed and grateful that I was able to spend those moments with my dad.

Oh, and it's his birthday today, so Happy Birthday.

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# Nightclub blaze kills over 230

**Santa Maria, Brazil.**  
Wall of bodies and toxic smoke prevented revellers from escaping

A fast-moving fire roared through a crowded nightclub in southern Brazil early Sunday, within seconds filling the space with flames and a thick, toxic smoke that killed more than 230 panicked partygoers who gasped for breath and fought in a stampede to escape.

Witnesses said pyrotechnics lit by band members started the blaze in Santa Maria, a city of about 260,000. Officials at a news conference said the cause was still under investigation — though police inspector Sandro Meinerz told the Agencia Estado news agency the band was to blame and that manslaughter charges could be filed.

Television images showed smoke pouring out of the Kiss nightclub as shirtless young men who had attended a party joined firefighters using axes and sledgehammers to pound at windows and walls to free those trapped inside.

Guido Pedrosa Melo, commander of the city's fire department, told the O Globo newspaper that firefighters had trouble getting inside because of a "barrier of bodies blocking the entrance."

Bodies of the dead and injured were strewn in the street and panicked screams filled the air as medics tried to help. There was little to be done; officials said most of those who died were suffocated by smoke within minutes.

Within hours a community gym was a horror scene, with body after body lined up on the floor, partially covered with black plastic as family members identified kin.

Guitarist Rodrigo Martins, of the band Gurizada Fandangueira, told Radio Gaucha that the fire "might have happened because of ... the machine we use to create a luminous effect with sparks."

He confirmed that accordion player Danilo Jacques, 28, died, while the other five members made it out safely.

Police Maj. Cleberson Braidia Bastianello said by telephone that the toll had risen to 233 — he said earlier that the disaster was likely made worse because the club appeared to have just one



Friends and family mourn over one of hundreds brought to a gym for identification. NABOR GOULART/THE ASSOCIATED PRESS

exit.

"Large amounts of toxic smoke quickly filled the room, and I would say that at least 90 per cent of the victims died of asphyxiation," said Dr. Paulo Afonso Beltrame, a professor at the

medical school of the Federal University of Santa Maria.

Beltrame, who went to the city's Caridade Hospital to help, said he was told the club had been filled far beyond capacity.

"The toxic smoke made

people lose their sense of direction ... At least 50 bodies were found inside a bathroom. Apparently they confused the bathroom door with the exit," he told The Associated Press by telephone.

THE ASSOCIATED PRESS

## Italian fascism

### Mussolini 'did good': Berlusconi

Former Italian Premier Silvio Berlusconi praised Benito Mussolini for "having done good" despite the dictator's anti-Jewish laws, sparking outrage as Europe held Holocaust remembrances on Sunday.

Berlusconi also defended Mussolini for allying with Hitler, saying he likely reasoned it would be better to be on the winning side.

Italian laws forbid the defence of fascism. A candidate for local elections pledged that he will seek to have Berlusconi prosecuted.

THE ASSOCIATED PRESS

## Plane crash

### Bodies to stay in Antarctica for now

Officials have called off efforts to recover the bodies of three Canadians after a plane crash in Antarctica, deeming it unsafe to further disturb the wreckage.

One of the agencies investigating the crash says winter weather will delay recovery until the next Antarctic research season.

THE CANADIAN PRESS

## 'Never Again': Vow renewed on Holocaust Remembrance Day



A woman lights a candle at a Holocaust memorial ceremony at Raoul Wallenberg Square in Stockholm, Sweden. LEIF R. JANSSEN/SCANPIX SWEDEN/THE ASSOCIATED PRESS

Holocaust survivors, politicians, religious leaders and others marked International Holocaust Remembrance Day on Sunday with solemn prayers and the now oft-repeated warnings to never let such horrors happen again.

Pope Benedict XVI, speaking from his window at St. Peter's Square at the Vatican, advocated constant vigilance.

"The memory of this immense tragedy ... must represent for everyone a constant warning so that the horrors of the past are not repeated, so that every form of hatred and racism is overcome and that respect for, and dignity

of, every human person is encouraged," the German-born pontiff said.

In a statement, U.S. President Barack Obama said that "the United States, along with the international community, resolves to stand in the way of any tyrant or dictator who commits crimes against humanity and stay true to the principle of 'Never Again.'"

As every year, Holocaust survivors gathered in the Polish winter at Auschwitz — but they shrink in number each year.

The key event in this year's ceremonies was the opening of

an exhibition prepared by Russian experts that depicts Soviet suffering at the camp and the Soviet role in liberating it.

Several years ago, Polish officials stopped the opening of a previous exhibition deemed offensive because it depicted Poles and others in Soviet-controlled territory as Soviet citizens, when in reality they were occupied against their will.

The new exhibition — titled Tragedy. Courage. Liberation — removes the controversial terminology. It took years of discussions between Polish and Russian experts to finally complete it. THE ASSOCIATED PRESS

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News worth sharing.



# THE AVALANCHE THAT

## Metro's Avalanche Week

The first in a five-part series

"Avalanche!"

The desperate warning comes as a skier helplessly watches a massive wall of snow cascade towards 14 students, two teachers and a chaperon. But it was too late to get out of the slide's path.

Feb. 1, 2003. Seven students, all 15 years old, died that day in B.C.'s Connaught Creek.

A decade after the most devastating avalanche season on record, the natural phenomenon continues to instil fear, intrigue, curiosity and awe.

The sheer spectacle — and danger — of avalanches remains the same, but much has changed since 2003.

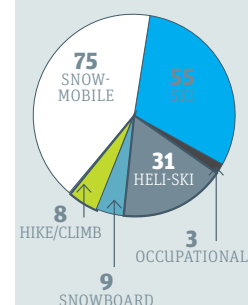
Follow Metro all week as we delve into avalanche safety's darkest day and its lasting legacy on the nation.

We'll bring you stories of personal tragedy and survival, along with in-depth looks at the individuals and institutions working on the front line to keep people safe as more and more people venture into Western Canada's stunning wilderness.



B.C. deaths by activity: '96-'12

SOURCE: B.C. CORONERS SERVICE



## Impetus for change

The deadliest avalanche season on record forced Parks Canada to reform the country's avalanche safety systems.

The winter of 2002/2003 claimed the lives of 29 people (25 in British Columbia).

The most shocking incident was the deaths of the seven students in Connaught Creek.

"It was a huge shakeup," said Grant Statham, a mountain risk specialist hired by Parks Canada to implement 36 recommendations in the aftermath of the slide.

Parks Canada developed world-leading public avalanche and terrain bulletins, provincial and federal governments got involved in funding programs, signage at parks were ramped up, and regulations were put in place dictating where supervised groups of youth could, and could not, access.

The recommendations also led to the creation of the Canadian Avalanche Centre, one of the lasting legacies of the 2002/2003 season.

The changes, unprecedented in scope, were born out of a deep collective pain and the de-

### Quoted

**"It was definitely a watershed moment for public avalanche safety."**

Grant Statham, mountain risk specialist for Parks Canada

sire to prevent future tragedies.

"One of the most important things was having the parents (of victims) involved," he said. "That was very tough, to work with someone that was grieving so much. There were a lot of fingers being pointed at us."

But it was worth it.

Many of the advances in Canada, such as the avalanche danger scale and icons, have since been universally adopted around the world.

Avalanche fatality rates remain fairly steady (averaging around 10 a year in B.C.) even though backcountry use has grown exponentially.

"2003 has affected us deeply," said Statham. "It was a terrible event. But out of that, a lot of good has been done in the 10 years since."

MATT KIELYKA/METRO IN VANCOUVER



An aerial view of Connaught Creek, B.C. Connaught is now deemed the poster child for complex "Class 3" terrain because of the 18 major avalanche trails that loom overhead.



Scott Broshko



Michael Shaw



Marissa Staddon



Jeff Trickett



# CHANGED EVERYTHING



**Seven students dead.**  
Grief pushed parents to fight for better standards



**EMILY JACKSON**  
Metro in Vancouver

For decades, a ski trip along Connaught Creek trail near B.C.'s majestic Rogers Pass was the crown jewel of the school's renowned outdoor education program.

On Feb. 1, 2003, Grade 10 student Daniel Arato was to follow in the tracks of his older brother who a few years before safely completed the overnight trip, run by the prestigious Okotoks, Alta.-based Strathcona-Tweedsmuir School.

But in just four seconds that Saturday morning, an avalanche barreled into the valley as the group crossed, resulting in a tragedy that would forever change Canada's approach to avalanche safety.

Daniel and six other students, all 15 years old, lost their lives.

Seven of their peers, two teachers and one volunteer leader survived, largely due to the immediate rescue efforts from a husband and wife pair of mountain guides who happened to witness the avalanche from a nearby slope. All were buried or partially buried under snow the coroner described as "like concrete" in the area's largest avalanche in 25 years.

The tragedy rocked the community as devastated families, friends and teachers grappled with the enormous loss: How could this happen to a group that was equipped with the right gear, well organized, educated in avalanche



Snowshoers head into Seymour Provincial Park Jan. 20, where avalanche signage is impossible to miss.

JENNIFER GAUTHIER/METRO IN VANCOUVER

**From 'enter at your own risk' to a culture of safety**

## Better practices

It was not acceptable to the Aratos that seven deaths were considered within the "normal" range during avalanche season.

"Every year if we had seven kids dying, would that be OK?" Peter questioned Parks Canada in the months that followed. "You need to work on getting the mindset to change."

Parks Canada agreed, and 10 years after the deadliest winter for recreational backcountry users on record, there is a culture of safety in place.

Parks Canada revamped the way risk is measured, rated terrain on its complexity and created separate rules for custodial groups. And any group of children not under parental custody will never traverse the highly complex Connaught Creek trail again.

The Arato's and the other parents never called for the cancellation of the outdoor education program, but an independent report on the Strathcona-Tweedsmuir School program by consultant Ross Cloutier in June 2003 recommended changes.

He found that it had become more "adventure" than "outdoor" education. Though he concluded most

recreation, commercial and school groups would likely have skied that day, the real question was how much risk a school is willing to take.

The program now accepts a lower level of risk, outdoor education director Bruce Hendricks said.

The school holds extensive briefings for parents, updated its emergency response protocol and holds trip debriefings to seek continuous improvement.

Hendricks gets a dozen requests a year from schools looking to emulate the program, which was accredited by the Association for Experiential Education last year.

EMILY JACKSON/METRO IN VANCOUVER

safety and on a path that hundreds traverse annually?

Daniel's parents, Peter and Judith Arato, say the school,

Parks Canada and they, as parents, simply didn't understand or appropriately address the risks associated with the backcountry.

"You send your kids to school, and I think as parents we intrinsically trust that school is not taking any risks with your children," Judith said in an interview, her voice pausing only when she recounted the moment she learned of the accident. "They didn't themselves recognize they were playing Russian roulette with the children's lives."

In the decade since the tra-

gedy, the Arato's grief pushed them to work with Parks Canada to change the mindset from the "Enter at your own risk" signs posted at national park entrances to a culture of safety.

And though safety improvements won't bring back their son or his classmates Ben Albert, Scott Broshko, Alex Pattillo, Michael Shaw, Marissa Staddon and Jeff Trickett, the considerable safety changes are rewarding.

"We'd be disappointed if there was a tragedy and no one did anything," Judith said.

**Exclusively online**



**Judith and Peter Arato**  
CANDICE WARD/FOR METRO

The Aratos were shocked by what they saw when they took a helicopter ride over Connaught Creek after the accident.

Listen to their story at [metronews.ca/features/avalanche-week](http://metronews.ca/features/avalanche-week).



Ben Albert



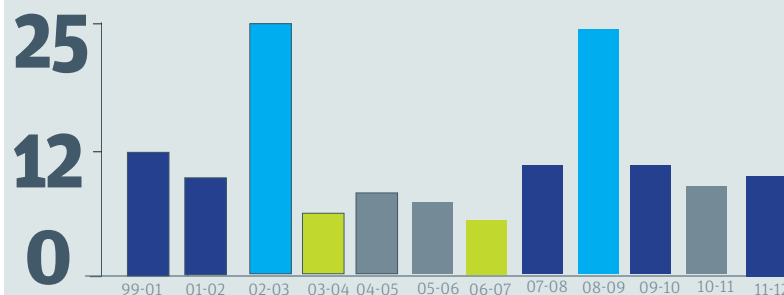
Alex Pattillo



Daniel Arato

**Avalanche deaths in B.C. between 1999 and 2012.**

SOURCE: B.C. CORONERS SERVICE





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# French march for gay marriage

**Legalizing same-sex union, adoption.**

125,000 rally in Paris in support of bill

Tens of thousands of people marched in Paris Sunday in support of a government-sponsored bill that would legalize marriage and adoption for same-sex couples.

Demonstrators waved banners emblazoned with phrases such as, "Equality of rights is not a threat." The march drew 125,000 people into the streets, according to police — far less than the estimated 340,000 who opposed the proposal in a protest two weeks ago.

The French government will debate the bill on Tuesday, although it's essentially guaranteed to pass the Socialist-dominated parliament. If the bill is approved, France would become the 12th country in the world to legalize same-sex marriage. **THE ASSOCIATED PRESS**



Alice and Marie, 20, kiss on the cheek in Paris on Sunday as part of a demonstration in support of a bill to legalize same-sex marriage and adoption for same-sex couples. **BENJAMIN GIRETTE/THE ASSOCIATED PRESS**

### Kathleen Wynne

#### Being Canada's first openly gay premier 'exciting'

Ontario Liberal leader Kathleen Wynne says becoming the first openly gay premier in Canada is "historic" and "exciting."

But she says she doesn't want it to overshadow her role in governing the country's most populous province. Wynne says she's not a gay activist and she doesn't plan to spend the next few months talking about it.

**THE CANADIAN PRESS**

### Britain

#### Short skirts, high heels put women at greater risk of rape: Lawmaker

A British lawmaker's suggestion that young women who wear high heels and short skirts put themselves at greater risk of rape has drawn widespread condemnation.

"If you are blind drunk and wearing those clothes how able are you to get away?" lawmaker Richard Graham was quoted as saying by his local paper.

**THE ASSOCIATED PRESS**

### Investigation

#### Woman's torso found in Kitchener, Ont., garbage bin

Homicide detectives are investigating after a human torso was found Saturday in a garbage bin in Kitchener, Ont.

Investigators say the torso is that of a white woman of unknown age and identity. They say she wore a black T-shirt with the words "Forget princess I want to be a vampire" on the front. No other body parts were found.

**THE CANADIAN PRESS**



#### Perhaps not as tough as he thought?

A competitor emerges from an underground tunnel during the Tough Guy Challenge on Sunday in Telford, England. Every year thousands of people run the eight-mile assault course that involves freezing temperatures, fire and ice. **HARRY ENGELS/GETTY IMAGES**



# Egypt's president imposes state of emergency, curfew

**Embassy in Cairo shut for a day.** Ottawa warning Canadians in Egypt to exercise 'high degree of caution'

Egypt's president declared on Sunday a 30-day state of emergency and night curfew in Port Said, Ismailiya and Suez — the three Suez Canal provinces hit hardest by the wave of violence that has left more than 50 dead in three days.

Angry and almost screaming, Mohammed Morsi vowed in a televised address that he would not hesitate to take even more action to stem the latest eruption of violence across much of the country.

The worst violence this weekend was in the Mediterranean coastal city of Port Said, where at least 44 people died in two days of clashes there that began on Saturday. The spark was a court conviction and death sentence for 21 defendants involved in a mass soccer riot in the city's

main stadium on Feb. 1, 2012 that left 74 dead.

Most of those sentenced to death were local soccer fans from Port Said, deepening a sense of persecution that residents have felt since the stadium disaster.

At least another 11 died on Friday elsewhere in the country during rallies marking the second anniversary of the uprising that toppled authoritarian President Hosni Mubarak. Protesters used the occasion to renounce Morsi and his Islamic fundamentalist group, the Muslim Brotherhood.

Morsi, in office since June, also invited the nation's political forces to a dialogue starting Monday to resolve the country's latest crisis.

The predominantly secular and liberal opposition has in the past declined Morsi's offers of dialogue, arguing that he must first show a political will to meet some of its demands. There was no official reaction to Morsi's moves by the National Salvation Front, an umbrella for the main opposition parties.

THE ASSOCIATED PRESS



An Egyptian protester throws a tear gas canister back at riot police, not seen, near Cairo's Tahrir Square, Sunday as clashes continued for the fourth successive day between protesters and police. KHALIL HAMRA/THE ASSOCIATED PRESS

## Chemical weapons

### Israel warns of preventive strike against Syria

Israel could launch a pre-emptive strike to stop Syria's chemical weapons from reaching Lebanon's Hezbollah or al-Qaida inspired groups, officials said Sunday.

The warning came as the military moved a rocket defence system to a main northern city, and Israel's premier warned of dangers from both Syria and Iran.

THE ASSOCIATED PRESS

## Jewish centre bombing

### Argentina, Iran reach agreement

Argentina and Iran reached a breakthrough Sunday in the investigation of a Jewish centre bombing that killed 85 people in Buenos Aires 19 years ago, agreeing to establish an independent international "truth commission" to examine Argentina's worst terrorist attack. Argentine prosecutors have formally accused six Iranians of co-ordinating the attack.

THE ASSOCIATED PRESS

# Fake eagle snatches baby! Funds design scholarship!



A video produced by students at Montreal's Centre NAD appears to show a massive bird plucking an infant off the ground. The school, which teaches 3D animation and digital design, says the project has generated enough money from its views on YouTube to fund a scholarship. YOUTUBE/THE CANADIAN PRESS

A baby-stealing fake eagle is helping a deserving student take flight. The viral video of the eagle, created by students at Montreal's Centre NAD, has received international media attention and had more than 41 million views on YouTube since it was posted on Dec. 18.

The minute-long video purported to show an eagle swooping down and grabbing

a toddler in its talons at a Montreal park.

And the school says it's also generated a few bucks that will go toward a scholarship for a deserving student at the 3D animation and digital design school. School spokeswoman Claude Arseneault says the amount of the scholarship hasn't been determined because the cheque hasn't yet arrived from Google, YouTube's owner.

gle, YouTube's owner.

The school and the students who made the video can't profit from it because it was made with software bought under an educational licence.

Arseneault said the AdSense account with YouTube wasn't even created until some time after it had been initially posted as the school ensured it could do it in accordance with its licences.

## Going viral

- Many people treated the hoax video as the real deal. It had only been on YouTube for 30 minutes before it got its first Reddit comment, and then the Twittersphere lit up. Within three hours of it being posted, mainstream media in Quebec, Australia and the United Kingdom picked it up.
- As people began realizing the video was a hoax, the Montreal students were bombarded with interview requests from around the world.

cordance with its licences.

Putting the money to a good cause is fine with the video's creators, who were rewarded with a grade of A+ for their work on the class project.

"Knowing that we helped get the school on the map — it's a good feeling," said Normand Archambault, one of the students who put together the video. THE CANADIAN PRESS

# BB10 launch. Can RIM get its groove back?

Once a leader but now derided as a laggard, BlackBerry-maker Research In Motion hopes to regain the confidence of cynical smartphone users this week as the curtain is lifted on its much-anticipated new smartphones.

The stakes are high for the Wednesday unveiling, which many observers say will determine whether RIM survives to see the launch of another BlackBerry smartphone.

It has been a steep decline for RIM, which less than five years ago was the most valuable company in Canada, above Royal Bank.

Affectionately called the CrackBerry maker, the mobile communications pioneer was Canada's crowning achievement of the technology sector.

At the height of its hype, the BlackBerry device was splashed across television shows and movies, while then-presidential candidate Barack Obama proclaimed he was a BlackBerry faithful during his first run at the White House.

Nowadays, when observers go through a litany of instances when the company stumbled, they point to everything from RIM underestimating the iPhone's potential; to its leaders being distracted by the possibilities that success brought them; to technical problems including a worldwide four-day outage in October 2011;

to the failed launch of the PlayBook, RIM's answer to Apple's iPad.

They also mention the blow to RIM's reputation caused by the delay of its next-generation BlackBerrys, which were seen as the company's best hope to maintain market share against Apple and Android devices. The devices' planned release was pushed into 2012, then delayed again throughout last year.

When the BlackBerry 10 smartphones and operating system are finally showcased to the world this Wednesday, a new chapter in RIM's history will begin.

THE CANADIAN PRESS





# ROLLING IN THE DEEP FREEZE



**URBAN COMPASS**  
Colin Fast  
winnipeg@metronews.ca

While most Winnipeggers spent last week seeking refuge from the brutal cold, Andrea Tétrault was sitting on one of her favourite places in the world.

A beach in Hawaii? The terrace of a vineyard in Portugal?

No, on the frozen hard seat of her bicycle.

That's right, in the face of wind-chill temperatures down to -40 C, Tétrault rode from River Heights to her downtown graphic design firm every day last week in what she half-jokingly called the Extreme Winter Commuting Challenge of Insanity.

"I'm not going to say it was all awesome," she admits. "Once I'm dressed and on the road it has been fine, and traffic has been great. But it's really physically tiring to ride in those temperatures every single day."

To survive the sub-sub-zero trek, she covered herself in 18 items of clothing, from a technical base layer to a pair of ski goggles, pulled together into a look she refers to as "The Honey Badger."

## Ferocious & fearless cyclist

To survive the sub-sub-zero trek, she covered herself in 18 items of clothing, from a technical base layer to a pair of ski goggles, pulled together into a look she refers to as "The Honey Badger."

the point that Winnipeg's first Winter Bike to Work Day will be held on Feb. 15.

An avid cyclist for several years — she blogs about her life on the bike at WinnipegCycleChick.com — Tétrault only started winter commuting last year in preparation for a race. But she quickly found it was fun way to get around the city and get in some on-road miles during the off-season.

She says the worst part is actually getting all the gear on and off, which adds a fair bit of time to her commute. But it's worth it on those days when the weather brings car traffic to a standstill.

"If traffic is bad, that's when there's a big difference," she says. "It might take me twice as long to get home by car, but it's not going to take me any longer by bike."

While the commitment that Tétrault and other winter cyclists had to toughing it out through last week is a good sign of a growing bike culture in our city, it's also another example — like skaters on the river trail, skiers at Windsor Park or even diners at Raw: Almond — of Winnipeggers triumphing over our sometimes-harsh climate.

After all, you can let the weather kick your ass into hibernating, or you can go into honey-badger mode and kick it right back.

## Soldier games

### Off-duty Harry plays butler to squad

Prince Harry's off-duty time in Afghanistan appeared to be full of war movies, board games and elaborate candy trades.

The 28-year-old helicopter pilot and fellow members of his squad swapped Kit Kats and Rice Krispies Squares for American soldiers' M&Ms, according to a British media pool report released Sunday.

Harry himself outlined

one of his less-prestigious duties. He said anyone who lost at Uckers — a military game similar to Ludo or Parcheesi — had to then wait on his comrades like a Buckingham Palace butler, ready with a fresh cup of tea whenever anyone rang their bell.

Harry returned to Britain on Wednesday after a 20-week deployment in Afghanistan in which he acknowledged that he had targeted Taliban fighters from the cockpit of his Apache attack helicopter.

THE ASSOCIATED PRESS

# My 'Knit'tle Ponies take centre stage



ROB MCDUGALL/VISITSCOTLAND.COM

## Scottish heritage

### Ponies in jumpers promote Scotland

Scotland is experiencing rather cold, wintry weather as of late, and the locals are certainly dressing for it.

Shetland ponies Fivla, left, and Vitamin are donning traditional Fair Isle-style cardigans for a new advertising campaign championing the natural side of Scotland, the country's knits and farming communities.

METRO

## Animal centre's viewpoint

"It was perhaps an odd request to get the ponies in Fair Isle (clothes), and a bit silly, but they were perfectly happy. Hopefully, these pictures will make people smile."

Jo Tonkinson, co-owner of Thordale Shetland Driving Centre, where Fivla (17 years old) and Vitamin (18 years old) are reared.

It is believed that the ponies are related to the ancient Scandinavian ponies from when the islands were joined with Scandinavia (up until 8,000 BC).

## Pony promotion power

### 'Iconic' animals draw attention of the world

Why use the diminutive horse to promote Scotland?

"The ponies are iconic around the world," said Amy Robertson, a spokeswoman from Visit Scotland.

"With Shetland wool and knitwear being so in demand, it seemed like a fun way to celebrate Shetland's natural landscapes, products and heritage."

METRO

## Shetland Islands

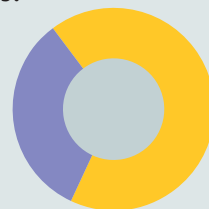
- **Birdwatchers' paradise:** Home to around 200,000 puffins.
- **Life's a beach:** Boasts 138 sandy beaches.
- **Vikings' fire fest:** Up Helly Aa is Europe's largest fire festival. Featuring a torch-lit procession, the annual festivities culminate in the burning of a replica Viking long ship, which is then put out to sea.



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## Does online dating lead to less passionate relationships?

33%  
YES, IT'S ALL TOO MATCHY MATCHY



67%  
NO, IT JUST LEADS TO MORE RELATIONSHIPS

## Twitter

@winnipegscumbag: • • • • •  
No Jets game last night. Stabbing. #Winnipeg

@CarrieMcKinnon: • • • • •  
I didn't plug my SUV in last night. #ItsAHeatWave #Winnipeg

@DefiantHeather: • • • • •  
Came out from the Hip concert to find my car boxed in by a high snow windrow on Portage Avenue. WTF city plows? #Winnipeg

@matt\_muscat1234: • • • • •  
Your ganna take the horse and ride it to Winnipeg and find a man in a jumpsuit named Jose

@JennArndt: • • • • •  
So a guy walks into a bar. I'm in that bar. That guy? Gordon Downie. Mind blown. #TrueStory #TragicallyHip

@GPW0099: • • • • •  
If you wear a shirt that says 'crossfit' to a social you better have abs #weddingsocial



## Abrams vows to make Star Wars fans proud

The director-producer-writer spoke with a handful of media outlets on the red carpet before darting into the Producers Guild Awards on Saturday night. Abrams was there to accept the Norman Lear Achievement Award for such television works as *Felicity* (1998 to 2002), *Alias* (2001 to 2006), *Lost* (2004 to 2010), *Fringe* (2008/2013) as well as the current series *Person of Interest* and *Revolution*.

Abrams also is proving to be a go-to director of successful new films for long-established franchises, such as *Star Trek* and *Mission: Impossible*.

Last week, Lucasfilm officially announced Abrams' hiring for *Star Wars*: Episode VII, which has a tentative release date of 2015. *Star Wars* creator George Lucas personally endorsed Abrams in a statement: "I've consistently been impressed with J.J. as a filmmaker and storyteller. He's an ideal choice to direct the new *Star Wars* film and the legacy couldn't be in better hands."

As for Abrams' plans for Episode VII? "You know, obviously, it's so early," he replied. "I can just say what I want to do: I want to do the fans proud. I want to make sure the story is something that touches people. And we're just getting started. I'm very excited."

**THE ASSOCIATED PRESS**



**Rob Corddry says he could play the best friend role in romantic comedies for the rest of his life.** HANDOUT

# Whose line is it anyway?

## Warm Bodies.

Rob Corddry is the best friend of few words in this zom com that required some improv-muscle flexing



**NED  
EHRBAR**  
Metro World News in Hollywood

Rob Corddry is more than happy playing the best friend in romantic comedies, especially if it involves being a flesh-eating zombie. For *Warm Bodies*, he takes on the task of dispensing romantic advice to his love-lorn pal (Nicholas Hoult) without the help of verbal communication.

**In the romantic comedy world, the best friend character is a pretty familiar role. How different is it when you only have four or five actual words of dialogue in the entire movie?**

**Movie:** Before I auditioned for this, somebody said, "Are you sick of playing best friends all the time?" And I was like, "No." I wouldn't play the same one over and over again, but I would play shades of that stock character for the rest of my life. Because it's got everything, you know what I mean? You're often the comic relief, you have your own moments — usually, in good ones, in good stories — you have your own either comeuppance or realization. But this one is like, it doesn't get much of a different shade

of that character than this, so it was even more attractive to me.

**Your bar “conversation” with Nicholas, with no words, was great. I think I’ve seen improv exercises like that.**

Oh God. Yeah, I've suffered through some myself. This sounds like a brag, but it's very funny, actually. I pitched that conversation taking place at an airport bar, and (director) Jonathan (Levine) was like, "That's actually a good idea." We were at dinner or something and he got on the phone. I'd forgotten about it, and then about 10 minutes later he goes, "They're going to see if they can build the airport bar. I like that idea. By the way, that's a \$25,000 idea."

You just cost the production \$25,000 with this whim!"

**How much of a challenge is improvising without the use of words?**

I didn't find it a different challenge. Improv should only be a tool and not something that you abuse willy-nilly. Because if you're doing a script, it's because you really like the script and you like the words, and it's not yours to, like, make better somehow. As a matter of fact, I was never the fastest improviser on my team or whatever. But I was young, so I just thought I was bad. I wish I were doing it now, because you recognize it's like a team and everybody's got their job to do. It's like Moneyball, but for improv.

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No longer Lost, Dominic Monaghan has found his dream job. HANDOUT

## Walk on the wild side

**Interview.** Dominic Monaghan talks about his new documentary series and the world's largest spider

NED  
EHRBAR  
Metro World News

Lord of the Rings and Lost star Dominic Monaghan is taking on a whole different sort of adventure with Wild Things with Dominic Monaghan, his new BBC America documentary series (airs Mondays on OLN) that finds the British actor travelling the world in search of some of the planet's most exotic — and dangerous — animals. An avid traveller and insect-lover, Monaghan may have found his dream job, he admits.

**Where did the idea for the show come from?**

It's kind of the way that I holiday, to a certain extent. If I'm going somewhere on my own and I can make my own choices of how I'm going to go on holiday, then I'll pick a place where there is an animal that I'd like to have an interaction with, and then I'd land in a major city and learn as much as I can about that particular animal and then take a trip to get closer to that animal, and then meet some new people and pick

### Quoted

**"The amount of animals that we were exposed to in Ecuador was a real eye-opener to me ... You were inundated with the natural world."**

Dominic Monaghan  
On his new series

up as much expertise as I can before trying to have that experience.

**Seems like something of a dream job.**

Yeah, it is. It's a fantastic experience. But still we're making a show at the same time. We need to bring a product at the end of that experience as well, so there are stressful elements to it as well in terms of getting up early and making sure you get the shots, and there can sometimes be a monotony. But that's all diluted by the fact that you're going into these beautiful parts of the world and having these amazing experiences with these incredible animals.

**Was anything you encountered along the way a particular surprise?**

You know, some of the food in Africa was a little hard to take. There weren't a lot of seasonings, a lot of salt and pepper and sauce or anything

like that in Africa, so it was obviously having to deal with a slight change in diet. We saw some pretty interesting sights in different countries and some real abject poverty and kids in the midst of all that, which is obviously tough to see any time. The amount of animals that we were exposed to in Ecuador was a real eye-opener to me. I've been to rainforests before, but nothing like being in Ecuador. You were inundated with the natural world. We could've made that show in the campsite that we set up to make the program. We didn't even need to walk into the rainforests. There were just animals everywhere.

**What were some of the most interesting animals you came across?**

Well, we look for the world's largest spider in Laos. That was pretty fun. You know, a large, very charismatic, intimidating spider that turned out to be friendlier than I thought it was going to be. We were only the second western crew to actually have an experience with that spider on film, so that was fun.

**How big is the world's largest spider?**

The world's largest spider is about as big as a dinner plate. It's definitely a big spider, you know? Something that takes your breath away when you see it for the first time.



Liberty Ross

## Liberty Ross files for divorce

Liberty Ross has filed for divorce from director Rupert Sanders after 10 years of marriage and in the wake of his highly publicized affair with his *Snow White* and the Huntsman star, Kristen Stewart, according to *Us Weekly*.

"This was a long time coming," one source says, explaining that Sanders "did want to try to repair

the relationship and didn't want a divorce." But according to another source, Ross found the betrayal impossible to get past. "They gave it a shot for the kids (but) she was just so angry," the source says. "She's the kind of person who wouldn't really ever get over it." The couple has two children, daughter Skyla, 7, and son Tennyson, 5.

## 'All is good' between Stewart and Pattinson

Kristen Stewart and Robert Pattinson, meanwhile, are reportedly doing just fine, despite his being in Australia shooting a new movie and tabloid reports speculating that a split between the *Twilight* co-stars is imminent.

"All is good," a source tells *E!* News, adding that Stewart is "not concerned" and "he isn't either" about their temporary separation. "She still plans on going to visit him at some point while he is there filming, but definitely not now," the source says.



Kristen Stewart and Robert Pattinson

### Twitter



@EvaLongoria

OMG 5 million followers! When did that happen?! Thx tweeples! I love u!



@chriscolfer

Just finished a chapter in *TLOS2* where the twins meet Cinderella's Stepmother. It's very Grey Gardens meets *Whatever Happened To Baby Jane*.



@hughhefner

I hope everyone is enjoying the weekend. I will be working on my scrapbook this afternoon.



@oliviawilde

Kate Moss says "nothing tastes as good as skinny feels"? Huh. I'm pretty sure that's because you live in England, dude.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Is this the set list for Beyoncé's Super Bowl XLVII halftime show?



THE WORD

Dorothy Robinson  
scene@metronews.ca

Poor Beyoncé — can she keep anything under wraps? First her cover was blown about lip-syncing at the presidential inauguration by a member of the Marine Corp Band (loose lips sink ships — and

egos) and now someone has leaked her possible set list for her Super Bowl XLVII halftime show.

According to *Us Weekly*, the set will start out with just Beyoncé singing her solo hit, *Crazy in Love*, and then she'll be joined on stage with her *Destiny's Child* mates Kelly Rowland and Michelle Williams for *Bills, Bills, Bills* and *Survivor*. They'll then wrap up the performance with their new single, *Nuclear*.

The only way this reunion will be complete is if Tina Knowles comes back on board with her match-matchy, cheapo costumes she used to design for the girls. Make it happen, universe!



Burt Reynolds

## Reynolds and his moustache are in the hospital

Burt Reynolds has been hospitalized with the flu and is being treated in a Florida intensive care unit, a rep for the 76-year-old actor confirms to *E!* News.

"He is doing better. They are taking care of him and his moustache," his rep jokes. "His fever is down and we believe he should be taken out of ICU very soon."

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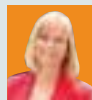


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## Travel Tidbit

## Start budgeting before you book



IT'S ALL RELATIVE  
Kathy Buckworth,  
kathybuckworth.com

A Thomas Cook travel survey reveals that 77 per cent of Canadians plan to travel in

2013. This, despite the fact that many of them say they have to cut down on other expenditures in order to afford it.

Setting up a budget that includes saving for a trip can be tough. Start with deciding realistically where you want to go, how you'll get there, what you want to do and ultimately how much it will cost. It can be easy to research this information on

the Internet or work with an accredited travel agent.

Allow for a 10 per cent differential due to changing fuel and other variable costs, and remember to take into account "busy season" rates, depending on when and where you're travelling.

Once you have your target cost, look for areas in your current spending where you can save. For example, 61 per cent of families surveyed said

they would eat out less to save toward their vacation.

Cutting back on entertainment and other leisure activities can contribute to your vacation account. Set up a separate bank account (find a no-fee one) to start banking your bucks for a well-needed family getaway. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

## Exclusively online

- Who knew that Mommy's most significant parenting feat thus far would be finding you a sippy cup that actually functions properly. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices



# Keep Fluffy and Fido nice and toasty

**Protecting Pets.** Take precautions to keep dogs and cats safe as winter settles in

Don't let the fur fool you.

Dogs and cats can be somewhat insulated by their warm-feeling coats, but in the face of frigid temperatures, pet owners need to take extra measures in protecting Fluffy and Fido.

Assessing how long to let pets stay outdoors should be based on numerous factors including the animal's breed, coat type, general health and age, according to an online article originally published in 2010 by the Canadian Veterinary Medical Association.

Determining whether the pet has been acclimated to colder weather and its desire to spend time outdoors should also be considered, the association wrote. For example, "smaller, short-coated, ill or geriatric dogs" have less tolerance for cold, and consequently are limited by the time they may be able to spend outside, the CVMA noted.

"If you like to let your cat out in the backyard, let's say, to roam around on your own property for a short period of time, you should be supervising your animal in a cold weather environment," said Ontario SPCA inspector Paul Harrison.

"Cats are good in the snow, they're pretty hearty, but you may have an older cat whose systems may not be as strong as a younger cat."

If an animal is left outside unsupervised and snow, sleet or rain develops, it won't be able to hold its body temperature without proper shelter to take refuge in, he noted.

If a dog is kept outside in the backyard, Harrison said owners should ensure the shelter is raised above the ground and is well-insulated with shingles. The door should be facing away from prevailing wind.

It's also key to check that an animal's water supply hasn't been frozen and is housed in a non-spillable dish, with the



Dogs and cats can be somewhat insulated, but in frigid temperatures, pet owners need to take extra measures in protecting them. THE CANADIAN PRESS/GRAEME ROY

option to consider purchasing a heated water bowl, he added.

Koryn Greenspan, owner of Toronto-based Urban Dog Walks, believes in the BBC acronym for winter pet protection: booties, balms and coats.

Greenspan said her two and a half-year-old pooch, Georgia, is "very finicky" when salt gets into her front paws. Prior to taking her German shepherd-husky-collie mix outdoors, Greenspan tries to ensure her pet stays calm as she applies protective balm on Georgia's paws. "You just want to always instil trust and comfort because it's uncomfortable for the dogs at first to have their paws han-

## Watch behaviour

**"Most people know their animal so well. If they start acting differently than they normally would, it could be an indication that they're uncomfortable."**

Ontario SPCA inspector Paul Harrison.

dled in that way."

The Canadian Veterinary Medical Association suggests trimming excess hair from between a pet's toes, where it tends to trap salt. Ensure any

residual salt is rinsed off or removed with a damp cloth and fully dried back at home. Coating the hair between the undersides of the toes with a thin layer of petroleum jelly can help to repel the ice, the association wrote. Both Greenspan and Harrison agree leaving dogs locked up in vehicles is a definite — and dangerous — don't.

"Some people think that because it's colder out they can sustain themselves in a car. They can't," said Greenspan. "If it's cold for you, it's cold for them, and dogs unfortunately can fall ill due to extreme cold weather." THE CANADIAN PRESS

## Blackberries are like toddlers

There are a few similarities:

1. Mothers joke about how the only time they get to themselves is in the bathroom. This is a complete lie. The peaceful, private utopia usually lasts for only about 3.7 seconds, since both the toddler and the BB inevitably choose the most inopportune moment to interrupt with a whine, yell, thump, or buzz.

2. You've answered all the questions, soothed all the fears, and have powered down everybody and everything for the night. NOT. As soon as you slip into that blissful and necessary deep sleep, you will be awakened by the sound of whining. In this circumstance, the electronic toddler has one clear advantage: There have been no reported cases of a BB oozing out any liquids that require immediate clean up.

3. If they're quiet, you're constantly checking them to make sure everything is OK. If they're loud and interrupting, you just want them to shut up and go away.

4. You love them. You hate them. They drive you crazy when they're "on" and look adorable when they're sleeping.

FROM THE BLACKBERRY DIARIES: ADVENTURES IN MODERN MOTHERHOOD. COPYRIGHT © 2009 BY KATHY BUCKWORTH. PUBLISHED BY ARRANGEMENT WITH KEY PORTER BOOKS.



# Frittata with Smoked Salmon replaces lox with cream cheese



**ROSE REISMAN**  
for more, visit  
rosereisman.com

This Frittata with Smoked Salmon, Cream Cheese and Dill is a light and healthy alternative to lox and cream cheese on a bagel. Serve it alongside whole grain toast or an English muffin for a complete meal. Smoked salmon freezes well and will keep in the refrigerator for up to one week.

## Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely diced onion
- 1/2 tsp crushed fresh garlic
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- pinch salt and freshly ground black pepper
- 2 tbsp low-fat cream cheese, softened
- 3 tbsp chopped fresh dill
- 1/4 cup diced smoked salmon



This recipe serves 2. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Lightly coat a small non-stick skillet with vegetable oil spray. Heat the oil over medium heat and sauté the onion and garlic for 3 minutes, or until the onion is tender and lightly browned. Remove from the heat and set aside.

2. Whisk the egg substitute,

egg whites, milk, salt and pepper together. Add the onion mixture.

3. Spray a clean 10-inch skillet with vegetable oil, add the egg mixture and cook for 4 minutes, or until nearly set.

4. Dot the cream cheese over-

top, cover and cook until the frittata is set, 2 minutes. Sprinkle with the dill and smoked salmon. Slip frittata onto serving platter with spatula.

5. Cut into wedges and serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Dinner. Halibut with Tomato-Orange Butter



An easy orange-juice-infused butter makes this roasted halibut entree sing out with the fresh flavour of the South.

1. In a large bowl, place halibut pieces. Drizzle with butter and sprinkle with fennel, garlic, salt and pepper. Toss gently to coat fish well. Place on parchment paper-lined baking sheet and roast in a 220 C (425 F) oven for about 20 minutes or until fish flakes easily when tested with a fork.

2. Tomato-Orange Butter: Meanwhile, in a small saucepan, melt butter over medium heat and whisk in orange juice and sun-dried tomatoes. Bring to a simmer and cook for 5 minutes or until tomatoes are softened. Stir in parsley and pepper. Spoon sauce over halibut to serve.

**but to serve. THE CANADIAN PRESS/ FLORIDA DEPARTMENT OF CITRUS**

## Ingredients

- 4 thick pieces halibut (about 575 g or 1 1/4 lb total)
- 15 ml (1 tbsp) butter, melted
- 7 ml (1 1/2 tsp) fennel seeds, crushed
- 1 large clove garlic, grated
- 1 ml (1/4 tsp) each salt, freshly ground black pepper
- Tomato-Orange Butter**
- 45 ml (3 tbsp) butter, softened
- 125 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) chopped sun-dried tomatoes
- 15 ml (1 tbsp) chopped fresh parsley
- Pinch of freshly ground black pepper

# Skip fried foods and reach for Baked Sesame Shrimp Toasts

Traditionally, shrimp toasts are made of chopped or ground shrimp seasoned with soy sauce, sesame oil, scallions and rice wine. This mixture then is mounded onto little toasts and deep-fried.

Since baguettes become wonderfully crunchy when baked, this recipe conjures up — without frying — the necessary crunchiness.

## Ingredients

- 32 diagonally sliced 1/2-inch-thick baguette slices
- Cooking spray
- 1/2 lb raw shrimp, peeled and deveined
- 1 large egg white
- 2 1/2 tsp sake, Chinese rice wine or dry sherry
- 2 tsp finely grated ginger
- 1 large garlic clove, minced
- 1 1/2 tsp hot sauce
- 1 1/2 tsp toasted sesame oil, divided
- Heaping 1/4 tsp kosher salt
- 1/4 tsp sugar
- 4-oz can water chestnuts, drained and finely chopped
- 2 scallions, finely chopped (about 1/4 cup)
- 1/4 cup low-fat mayonnaise
- 2 tsp sesame seeds

1. Heat the oven to 400 F.

2. On a rimmed baking sheet, arrange the baguette slices in a single layer. Spritz the bread slices on both sides with cooking spray. Bake them on the oven's middle shelf for 4 minutes. Remove them from the oven, turn over each slice, then set aside. Reduce the oven to 350 F.

3. In a food processor, combine the shrimp, egg white, sake, ginger, garlic, hot sauce, 1/2 teaspoon of the sesame oil, the salt and the sugar. Puree until smooth. Transfer the mixture to a bowl and stir in the water chestnuts and scallions.

4. In bowl, stir mayonnaise and remaining 1 teaspoon sesame oil. Mound rounded tablespoon of the shrimp mixture on top of each toast and spread evenly over the toast. Brush the top of each mound with some of the mayonnaise mixture, then sprinkle with sesame seeds.

5. Bake on the oven's middle shelf for 12 to 14 minutes, or until the shrimp mixture is just cooked through. Serve hot. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This recipe makes 32 toasts. MATTHEW MEAD/ THE ASSOCIATED PRESS

## Healthy eating

## Choose it and lose it



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Swiss Chalet, aside from its delicious "jus" and chicken dinners, is known for other options. However, some of those options will pack on the calories.

## Swiss Chalet Poutine

**910 calories / 50 g fat**

Just the name "poutine" can clog your arteries: French fries, cheese curds and gravy. With three quarters of your daily calories and fat, there's no room for any nutrition!



## Equivalent

One Swiss Chalet Poutine is equal in calories to a 1 1/4 lb flank steak.



## Swiss Chalet Classic Hot Chicken Sandwich (with white meat)

**520 calories / 11 g fat**

This is a more nutritious meal with lean protein and little fat.



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# Putting the boom back in business

## With age comes opportunity.

There are plenty of industries that would benefit from your life experience

YLVA  
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careerbear.com

OK, you just turned 50. Or 55. Or maybe 60. Perhaps you've been downsized. Maybe you stayed home to raise your family and now would like to get into the workforce. Or maybe you're just bored at your work and are looking for something different. Whatever the reason, you're ready to get out there when a thought hits you: Will someone hire me at my age?

The short answer? Yes. In fact, boomers are better suited to some careers than any other age group

"A boomer's second act is usually based on specific interests and expertise," explains Donna Stevenson, owner of the recruitment firm Boomer Match to Business, bm2b.ca.

"Boomers tend to seek out

### The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



Could the organization you've been volunteering for use your expertise to their advantage? Hand them your resumé! ISTOCK

what they like to do now — business-wise or personally."

The best opportunities lie in the leisure, health and wellness, and financial services areas.

### Retirement planning

Who knows the financial needs of retirees better than boomers? If you have financial expertise, this may be a great area for you.

### Client care services for seniors

"I've had people who used to be in human resources move into this area where they work with seniors in the health care industry," says Stevenson. With so many of their own parents in long-term care, boomers understand the challenges and the rewards firsthand.

### Not-for-profit

Many boomers already

### Got the write stuff?

"As long as you are capable of articulating, then away you go."

Donna Stevenson  
Owner of recruitment firm Boomer Match to Business on starting a blog.

volunteer for not-for-profit organizations and discover that there are paying jobs as well. "They're always looking for senior people with expertise they can apply quickly," says Stevenson.

### Sales into the C-suite

If you have a knack for sales, you may find a position selling to CEOs, CFOs and other high level people in businesses and other organizations.

### College instructor

Teaching what you know is a great job for boomers. You might need to take a course to sharpen teaching skills. When looking for work, start with the trade school or college that you went to.

### Blogger

One way to utilize your skills is to blog about them. This can lead to speaking and other writing engagements — it's all about mining your expertise. "As long as you are capable of articulating, then away you go," says Stevenson.

### Travel tour leader

"Boomers I know get into adventure travel because they know how to lead and manage huge groups of people from a business perspective. So they leverage their business expertise with a personal interest — and it works."

# Nestling into a niche that works for you

## Success in the specific.

Wherever people are pining for an absent product or service is where you want to be

Part of being an entrepreneur is having the ability to innovate and to adapt to changes in the marketplace, particularly when it comes to understanding the demographics of your target market. You bring ideas to life by offering new products and services or by delivering them in new ways.

As with any major undertaking, you'll want to do your research first to determine which group of people you want to reach and how you will accomplish that.

The best way to learn more about a market segment is by talking to the people who belong to it to find out firsthand what they want.

Let's say you work in the health-care field and have learned that a growing number of people are looking for mobile services or personalized care inside the home. You might decide to expand your offerings or start a new business aimed at meeting a particular set of needs for this niche.

If you keep an eye on emerging social trends or changes in demographics, like an aging population, you can get in on the ground floor or adapt accordingly.



Your bright idea may never see the light of day if you don't ask around for opinions and advice. ISTOCK

Once you've determined your target market, you can focus on adjusting or developing your marketing plan. You've heard what the market has to say, now it's your turn to reach out to

them.

Think about the language you use and the way you present yourself to them. Do test-marketing and seek feedback.

NEWS CANADA

### Ask and you shall receive

Consider the following when building your niche business plan:

- Is there a group of potential customers with similar wants or needs?
- Is the market big enough to support my

business?

- Who is my competition and are they currently serving that same market?
- Can I adapt my products and services to address the market's needs and still be profitable?

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# Don't get taken while you type



Familiarize yourself with your social network's privacy settings to help control who can see your information. ISTOCK

**Social snakes.** The Net can be an impressive tool for self-promotion, but watch out for those info-snatchers

Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials.

Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18 to 30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online — information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same survey also found that young adults are most likely to share their PIN and lend their credit or debit card to others.

Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada.

"The more information

## Keep an eye out

Scams aren't always what they seem

- Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be.
- Scammers may use tactics like phishing and social engineering to trick consumers into divulging personal or payment information.

you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these security tips before posting online:

- Personal information is just that — personal. Don't post information such as payment card info or your

## Less posts, less problems

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Gord Jamieson  
Visa Canada

SIN in a public forum or on a social networking site.

- Pay close attention to what you share on social networking sites — even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.

- Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

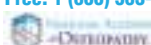
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## The In-Credibility Factor

**Name:** Sonya Esman  
**City:** Toronto  
**Age:** 17  
**Occupation:**  
Fashion blogger,  
YouTube vlogger  
and actress



THE IN-CREDIBILITY  
FACTOR  
Teresa Kruze  
life@metronews.ca



Sonya Esman flew to England to help design jewelry after winning the #NokiaLVK Fashion Quest. PROVIDED

At only 17 years of age, Sonya has started to make her mark in the fashion world as a blogger, a regular contributor on YouTube and as an actress (Degrassi, Camp Rock 2, Rookie Blue). She recently beat out contestants from around the world to win the #NokiaLVK Fashion Quest.

Two weeks ago, she jetted off to London, England to collect the grand prize: a chance to design a piece of jewelry with designer Leila Kashanipour of LeiVanKash.

**I knew I was on my way when ...**

I knew I was on my way when I found out that I won the #NokiaLVK Fashion Quest. It felt surreal because

Leila of LeiVanKash is someone I really look up to and she blew me away with her knowledge and experience.

We decided on a limited edition design of a pair of earrings featuring a druzy stone.

Everything I came to London for I put on a piece of paper.

It was my take, my favourite jewelry put into her designs.

I thought it was absolutely beautiful and it will be featured in her line. In the future, I want to keep video blogging and I want to build a brand that will hopefully develop into my own career and occupation.

**Action Plan:**

## Keep practising your craft

Know what you want from your career or passion in life.

**Don't be afraid to make mistakes and make good investments**

If you're making YouTube videos, buy a good quality camera so it reflects in your work.

**Network with other people and have mentors that can guide you**

Do a lot of research because there are a lot of resources online that will help aspiring bloggers or YouTubers.

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# Kane caps off Jets' comeback victory

**NHL.** Young star forward comes through in overtime, cashing in on Jokinen rebound

Evander Kane scored 1:59 into overtime to give the Winnipeg Jets a 5-4 comeback win over the New York Islanders on Sunday.

Kane, who also had an assist, tapped the puck in past goalie Evgeni Nabokov after a rebound from a long Olli Jokinen shot.

Alexei Ponikarovsky, Bryan Little, Dustin Byfuglien and Alexander Burmistrov also scored for Winnipeg (3-1-1), which was down 4-2 midway through the third period. The Jets have now won three games in a row.

John Tavares had a goal and two assists for the Islanders (2-2-1). David Ullstrom, Matt Moulson and Mark Streit also scored for New York. Frans Nielsen had a pair of assists.

Byfuglien's goal on the power play at 12:59 of the third period marked the first time this season the Islanders had let in a power-play goal in 17 short-handed situations.

Burmistrov's goal 65 seconds later tied the game 4-4 in front of a sellout of 15,004 at MTS Centre.

Jets backup goalie Al Montoya got his first start of the season against his former Islanders teammates and stopped 21 shots. He signed as a free agent with Winnipeg last July.

He played two seasons with the Islanders, but got into only 31 games last season because of a concussion suffered after a December hit by now-teammate Kane.



Islanders goalie Evgeni Nabokov keeps his eye on the puck as Jets defenceman Dustin Byfuglien charges the net on Sunday night at MTS Centre. **MARIANNE HELM/GETTY IMAGES**

**On Sunday**

**5**

Jets

**4**

Islanders

Nabokov faced 35 shots.

A turnover by the Jets led to New York's first goal, a wrist shot Ullstrom put past Montoya at 2:34 of the opening period. Ullstrom is on a

four-game points streak with two goals and a pair of assists.

Winnipeg tied it up eight minutes later when Kyle Wellwood sent a pass across the front of the net to Ponikarovsky for his first goal with the Jets.

Winnipeg outshot the Islanders 12-6 in the first.

Little gave the Jets a 2-1 lead at 5:13 of the second period when he took a pass in front of the net from Nik Antropov and shot the puck under the stick of a stretched-

out Nabokov.

Tavares went on a breakaway 22 seconds into the third period and tallied his first goal of the season with a high shot past Montoya to make it 2-2.

Tavares got his assist when his long shot was redirected by Moulson for a 3-2 lead at 5:09. Streit made it 4-2 with a power-play marker at 9:53.

Byfuglien's hard, low shot past a screened Nabokov got the Jets ignited at 12:59 and Burmistrov tied it at 14:04.

**THE CANADIAN PRESS**

**NHL**

## Capitals edge Sabres for first win of season

An NHL routine gone missing for 262 days made an overdue return Sunday: Alex Ovechkin scored a goal, and the Washington Capitals won.

Ovechkin's tally proved to be the decisive goal, coming with 14:49 remaining in a 3-2 victory over the Buffalo Sabres. The Capitals hadn't won — and Ovechkin hadn't scored — since May 9, 2012, during a playoff series against the New York Rangers.

"We finally win," Ovechkin said. "So it's much, much better for us right now. No pressure (on) our shoulders."

**THE ASSOCIATED PRESS**

**Golf**

## Woods leading pack in San Diego

The fog lifted Sunday and revealed a familiar sight: Tiger Woods in command at Torrey Pines.

Despite finishing with a bogey on the easiest hole of the back nine, Woods began to pull away from the field with a 3-under 69 in the third round to build a four-shot lead in the Farmers Insurance Open. Woods has only lost twice on the PGA Tour in 40 previous times that he has held the outright lead through 54 holes. **THE ASSOCIATED PRESS**



Tiger Woods lines up a putt on the sixth hole on Sunday at Torrey Pines in San Diego. **GETTY IMAGES**



Manitoba's Jeff Stoughton delivers a stone during his victory in the final of the National on Sunday in Port Hawkesbury, N.S. **THE CANADIAN PRESS/SPORTSNET HANDOUT**

# Stoughton streaks to victory at the National

Jeff Stoughton won the National Grand Slam of Curling final on Sunday with a 8-2 victory in six ends over fellow Winnipeg skip Mike McEwen.

Stoughton broke a 2-2 deadlock with four points in the fifth end to pull ahead for good. He completed the rout in the sixth when he stole two after McEwen missed on a clearout shot.

Stoughton's first National title completed a career

Grand Slam. He won the Players' Championship in 2003, the Masters in 2004 and the Canadian Open in 2006.

He started the National 0-2 but won five games in a row, including a 5-3 win over Edmonton's Kevin Koe in the semifinals.

It wasn't the first meeting between the two Winnipeg rinks with a championship on the line. Stoughton defeated McEwen in the 2010

and the 2011 Manitoba provincial finals and McEwen was victorious in the Rogers Masters final in November 2010 to earn his first career Grand Slam title.

The final stop on the 2012-13 Grand Slam of Curling is the Players' Championship, starting April 16 at the Mattamy Athletic Centre at Maple Leaf Gardens in Toronto.

**THE CANADIAN PRESS**



## Horoscopes

### Aries

**March 21 - April 20**

Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately you have much to look forward to, so be positive and before long positive things will occur.

### Taurus

**April 21 - May 21**

You won't be able to hide your feelings over the next seven days – and nor should you want to. You will be much more outgoing and much more likely to tell others what you really think of them!

### Gemini

**May 22 - June 21**

No matter how reserved emotionally you may be most of the time now you must go right the other way and leave those you love in no doubt how you feel about them. A hug and a kiss is always the best remedy.

### Cancer

**June 22 - July 23**

You will find it easier to get along with authority figures as the new week begins. There will still be disagreements, of course, but at least you will be thinking along the same lines and pulling in the same direction.

### Leo

**July 24 - Aug. 23**

The most important thing this coming week is that you keep a sense of perspective and remember that no matter how much you want to get ahead in the world personal relationships matter more. Love is the key.

### Virgo

**Aug. 24 - Sept. 23**

You may be bored by what you are working on at the moment but the planets indicate that if you make a good job of it you will be rewarded with more enjoyable tasks in the future. Pretend that it's fun.

### Libra

**Sept. 24 - Oct. 23**

Love will come back into your life this week and it won't be long before you feel in tune with the world again. Don't wait for loved ones to tell you how much they care – tell them how much you care first.

### Scorpio

**Oct. 24 - Nov. 22**

Not even a Scorpio can keep moving at your present pace, so slow down and give yourself a break – yes, you CAN afford the time. If you fall behind in your schedule it means your schedule is too tough.

### Sagittarius

**Nov. 23 - Dec. 21**

You have beaten off some serious challenges to your authority. Well done! Now you must find ways to get back in the good books of someone you fell out with along the way. What can you do to win them round?

### Capricorn

**Dec. 22 - Jan. 20**

If you make an effort to see things from someone else's point of view today you will gain a valuable insight into why they think the way they do. Once you understand them you won't feel so threatened.

### Aquarius

**Jan. 21 - Feb. 19**

Changes of one sort or another are inevitable over the coming week but that's a good thing, so don't hide yourself away from the world. The Sun in your sign will motivate you to make those changes work for you.

### Pisces

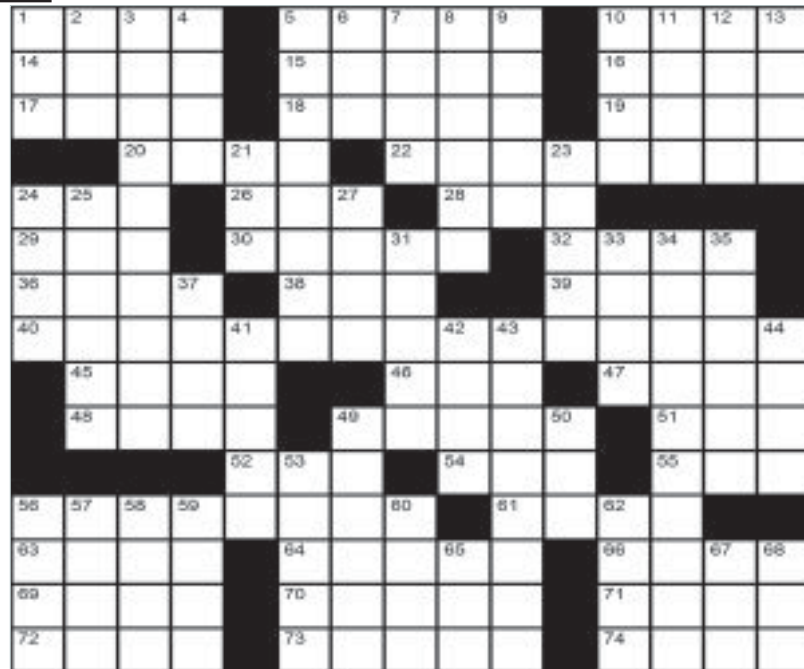
**Feb. 20 - March 20**

You will be pleasantly surprised by what happens over the next few days. Money matters will no longer worry you the way they once did and relationships and friendships will be a lot of fun. It's all good. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- BC-mined stone
- \_\_\_ Gwaii (Queen Charlotte Islands, formerly)
- Canadian actor Eugene
- Single-named supermodel
- Ms. Lavigne
- Nabisco cookie
- \_\_\_ McMurray, AB
- Poetry
- Intellect
- Actress Ms. Russell
- Canadian country singer, Crystal \_\_\_
- Camera mugger
- PEI part, for short
- Author Ms. LeShan
- Ms. Longoria
- London, England's tallest building, The \_\_\_
- "\_\_\_ and Dumber" (1994)
- Net balls
- Canadian broadcaster Mr. Lewis
- Duelling weapon
- Chief Correspondent of CBC's "The National": 2 wds.
- "Finding \_\_\_" (2003)
- 'S' of RSVP
- Priory of \_\_\_ in "The Da Vinci Code" (2006)
- The real thing, for short
- Premiere
- Whichever
- 'Jag' add-on (Posh car)
- Beaufort \_\_\_
- "Who Wants to \_\_\_ Millionaire"
- PM's official res. at 24: 2 wds.
- Jodie Foster movie
- "Charmed" sister
- Lyre-playing Muse
- De-squeaks
- Stuff
- Roman Myth: Romulus' twin brother
- Footprint
- Pas \_\_\_ (Solo ballet dance)
- Metalwork tool
- Better Than \_\_\_ (Rock band)

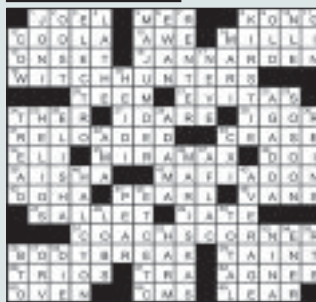


### Down

- Peanut butter brand
- "La Isla Bonita" line: "Te dijo te \_\_\_"
- Universe stuff, in Cosmology: 2 wds.
- Duck, in Dusseldorf
- Dickensian Miss of Satis House
- Ottawa's Carling, e.g.
- Flawed goods, for short
- Shared juicy news
- Follow \_\_\_ (Sleuth)
- Toronto's Casa
- "\_\_\_ Brockovich" (2000)
- Hawk
- George Lucas character

- Belonging to Providence's l'il state
- Flamingo, for one
- Beatles movie!
- Jennifer Aniston is the new face of this skincare brand
- Eruption's emission
- Shampooing direction
- Neil Sedaka's "Breaking \_\_\_ Hard to Do": 2 wds.
- Star's in-promotion-mode undertaking: 2 wds.
- "Scram!"
- \_\_\_-sweet chocolate
- Scoundrel
- The Baldwins, e.g.

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



## Weather

TODAY



MAX: -5°  
MIN: -9°

TUESDAY



MAX: -9°  
MIN: -21°

WEDNESDAY



MAX: -15°  
MIN: -24°



**JENNA KHAN**  
WEATHER SPECIALIST

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